



South Central District Health

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September 8, 2005

PRESS RELEASE – For Immediate Release

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Fall Prevention Classes Scheduled for Seniors in Fairfield Area

South Central District Health is starting a six-week series of “Fit and Fall Proof” exercise classes for seniors in the Fairfield area.

The low-impact class helps individuals increase their strength and balance while enjoying a social interaction with other participants. Classes in Fairfield begin Tuesday, Sept. 20, at 10:45 a.m. at the Camas County Senior/Community Center.

In the United States, more than one-third of adults ages 65 years and older fall each year. In 2002, unintentional falls were the leading cause of death among older adults ages 65 to 85. Amongst those that fall, 20% to 30% suffer moderate to severe injuries such as hip fractures or head traumas that reduce mobility and independence, and increase the risk of premature death.

In Idaho during 2001-2003, there were 287 deaths due to falls of older adults aged 65 years and older. Out of the 287 deaths, 61 were from south central Idaho.

South Central District Health encourages all seniors that live in or near Fairfield to join the exercise classes that are being offered. Participants will enjoy meeting new people and have a good time while exercising. For more information or to sign up for the Fairfield class, please contact South Central District Health at 737-5988.

Classes will also be offered in other areas of south central Idaho in the future and will be advertised in local media.

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